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MT. SHASTA

A CLIMBER'S GUIDE

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SHASTA-TRINITY

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		Elevation		
1.	Everitt Memorial Highway		10.	Thumb Rock
2.	Bunny Flat	7,000 feet	11.	Sulphur Springs
3.	Rain Gauge Tower		12.	Summit
4.	Horse Camp Lodge	7,884 feet	13.	Ski Shasta Lower Parking Lot
5.	Avalanche Gulch		14.	Green Butte
6.	Lake Helen	10,400 feet	15.	Top of Lift
7.	The Heart		16.	Cascade Gulch
8.	Don't Climb (loose rocks)		17.	Saddle
9.	Red Banks		18.	Shastina
				12,330 feet

Climbing Mt. Shasta can be an exciting adventure, but if you are careless it can also be dangerous. The angle of climb is rarely greater than 35 degrees, but it is a long and difficult hike, and will tax the strongest of constitutions. The following advice should make your trip up this dormant volcano safer and more enjoyable.

You are urged to register at the Sheriff's Department in Mt. Shasta City before beginning your climb. Information requested on the registration sheet is vital if a rescue became necessary. Be sure to sign out as soon as you return from the mountain.

Route of Ascent

In general, there are three routes favored by climbers. (See photo map.) These routes were selected because careful mountaineers, in good physical condition, can handle them.

Route A - Horse Camp - Avalanche Gulch

From the town of Mt. Shasta, drive up the Everitt Memorial Highway (No. 1 on photo) 11.9 miles to Bunny Flat (2). This area is marked by a sign during the summer and there is generally ample space for parking. On foot, follow the dirt road 1 mile towards the mountain until you reach a rain gauge tower (3). Head cross country 300 yards to the north and intercept the trail which will take you 1.5 miles to the Sierra Club's Horse Camp Lodge (4).

In the past, many people have spent the night in the lodge. However, with the increased number of summer visitors, the Sierra Club has restricted it to day use or for emergencies only. If you intend to spend the night at Horse Camp, plan to cook and camp outdoors. Spring water is available, but there are no facilities other than primitive campsites and an outhouse.

From Horse Camp, head uphill following the long gullies (5) to a flat area at the 10,400-foot level known as Lake Helen (6). Lake Helen is actually a shallow glacial depression and usually is dry. The most strenuous section of the route lies above the lake, a steep climb of 35 degrees across a snowfield. At 12,000 feet, stay to the right of a prominent island in the snow known as "The Heart" (7). DO NOT ASCEND the steep slope leading up and to the left of the Heart (8). It is extremely dangerous due to loose rocks which are constantly breaking free and falling.

As you approach the distinctive "Red Banks" (9) you have a choice. The standard route is to keep to the right and cross over the top of the banks (10). The variation is to veer to the left and follow one of the two chutes or chimneys to the top of

the banks. This route bypasses the trail across the top of the banks and is shorter. *However, crampons are necessary in these chimneys as they are generally icy and dangerous.*

From the top of the banks, walk up the gentle but arduous rock slopes and ridges to the summit plateau at 14,000 feet. The rock pinnacle across and to the right of the plateau is the summit (12) and is reached via talus slopes and short scrambles on its west side. During this final climb you will see sulphur fumaroles (11) to your left — remnants of volcanic activity. DO NOT ALLOW cameras, delicate metal instruments, clothing or your skin to be exposed to sulphur fumes for more than a few minutes. The sulphur can irritate your skin, ruin your clothing, and corrode your instruments.

The climb via this route takes the average person about 9 hours from the car at the Bunny Flat parking area, about 8 hours from Horse Camp Lodge and 5 hours from Lake Helen. In June there is firm snow usually above 8,000 feet. But generally by October the trail is loose rock the entire distance.

Route B - Ski Shasta Lodge

Drive up the Everitt Memorial Highway (1) to the lower parking lot (13) located ¼ mile below the Ski Shasta Lodge. Following the route of the large chair lift, climb the main bowl to about 9,500 feet (1.3 miles). You will pass Green Butte (14) and the top lift terminal (15) as you climb. Follow the contour left around a ridge and take Route "A" at Lake Helen (6). During the summer season, beginning your trip at daybreak will allow a round trip by nightfall. Neither the chair lift nor Ski Shasta Lodge operate during the summer. Hikers are not allowed on the chair lifts at any time.

Route C - Horse Camp to Shastina

Follow Route "A" to Horse Camp Lodge (4), climb northwest to what some call Cascade Gulch (16). From there climb gradually north and stay to the left of the main waterfall (if flowing) in the Gulch. Climb upward to the 11,200-foot saddle (17) between Shasta and its sub-peak, Shastina. From this point work your way up the cinder slopes and snowfields on Shastina to about the 12,100-foot elevation. Follow the two prominent rock ribs to the summit plateau (18).

Mountain Safety

Mountain climbing, like any other sport, involves certain risks. If these risks and hazards are ignored, an accident can turn an exciting experience into tragedy. Mountain rescue is dangerous, slow, and costly. There have been nine climbing deaths on

the mountain and numerous accidents in the past few years. Most of these were caused by falling rocks, severe weather conditions, or by misuse of (or lack of) ice axe or crampons.

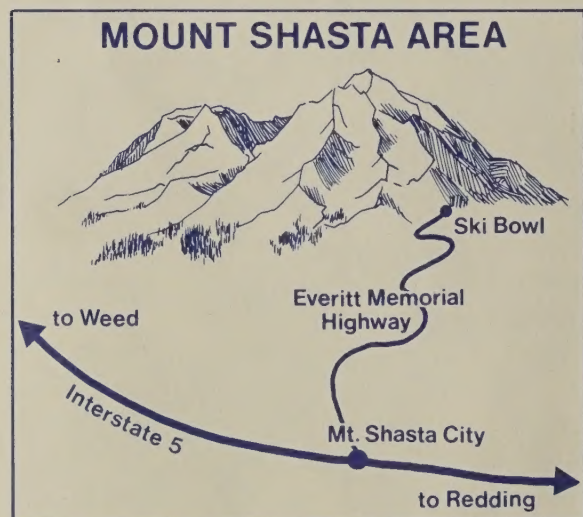
Make sure everyone in the party is in good physical condition. The climb will take you almost three miles above sea level and the rarefied air will tax your stamina. Make sure you are properly clothed and equipped. Do not climb the mountain alone.

An early start is one key to an enjoyable climb. Use caution in climbing, and travel at a slow and steady pace with scheduled rests at half-hour intervals. Light-weight crampons and ice axe are essential when you are climbing on hard snow and ice fields. When descending, never attempt to slide down ice fields. **ALWAYS BE ON THE ALERT FOR FALLING ROCKS.**

Regardless of party size, a group leader should always be selected before the climb begins. Emergency plans should be made before your ascent.

Be aware of the symptoms of *hypothermia*. Hypothermia is a rapid and progressive mental and physical collapse, resulting from lowering the inner temperature of the body. Left untreated, hypothermia can result in death. Briefly, the symptoms to watch for are: uncontrollable shivering; vague, slow speech; memory lapses; immobile or fumbling hands; frequent stumbling; drowsiness and apparent exhaustion. The best treatment is to eliminate exposure. Get the victim out of the wind and rain. Strip off all wet clothing and put him in a sleeping bag with another person — also stripped. *Keep the victim awake* and give warm drinks. If possible, build a warming fire.

Altitude sickness symptoms include shortness of breath, headache, extreme fatigue, nausea and dizziness. Slowing the pace and breathing deeply usually helps. If severe, go to lower elevations.



Climbing Season

Though winter climbing has become quite popular in the past few years, and several routes have been used, it is *not* recommended. The mountain makes its own weather which can change within minutes. Do not attempt the climb when unsettled weather or storms are forecast. Avalanches are a danger during winter and spring.

June, July, and August are considered the best months for a climb. Some climbers prefer the early summer months to take advantage of smoother going over ice and snow. Weather information is available at the National Weather Service office, and the Sheriff's Department.

Food, Water, & Clothing

High energy foods such as nuts, raisins, hard candy and fruit are safe standbys. Fruit juices and grain products are excellent choices too.

Water is available at Horse Camp Lodge. Take a minimum of one quart per person. Do not take carbonated beverages, the containers may explode under decreased atmospheric pressure. The sulphur springs located at the summit are not fit for drinking or bathing.

The clothing and equipment recommended for any climb are: Vibram-soled hiking boots, extra wool socks, crampons, ice axe or walking stick, light and warm clothing (preferably wool) that can be layered, and gloves. Also recommended are strips of moleskin or adhesive tape for blisters, a first aid kit, goggles or sun glasses, and suntan cream.

Key Points to Remember

Check the weather before you begin climbing.

Register at the Sheriff's Department and check out when you return.

Watch for FALLING rocks.

There are deep crevasses, especially on the east side, which may be snow-covered.

Never slide on ice fields — carry and use crampons and ice axe.

Be familiar with the symptoms and treatment of hypothermia.

Pack out all litter, and bury your body wastes well away from trails, camping areas, and water.

PLEASE TAKE ONLY PICTURES — LEAVE ONLY FOOTPRINTS.